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YOUR PASSPORT TO HEALTH NEWSLETTER

July — September, 2001

Keeping
Clients
Informed

WHAT'S INSIDE ...

- New Medicaid Card
- Healthy Summer Picnics
- Hot Weather Tips
- Important Telephone Numbers



Montana Health Choices is operated by MAXIMUS
under the direction of the Montana **Department of
Public Health and Human Services** .

The New Medicaid Card

Montana Medicaid has a new look for the eligibility card! The card was changed to provide more information and make the card easier to use. There were no changes in coverage or in the plan – the only changes made were in how the card looks.

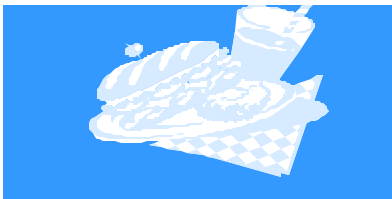
- There is some general information at the top of the sheet of paper – please be sure and read this as it has some important information.
- The card can be punched out of the sheet so you only have a card to carry with you rather than a whole sheet of paper. This makes it easier to fit in a wallet.
- There were some minor changes in the wording. For example, ‘Managed Care: Exempt’ was changed to ‘Managed Care: No’.

- If you are **21 years or older** and have met your co-payment for the year, your card will show ‘Copoly: \$’. If you have **not** met your co-payment this field will be blank, with no mention of co-payment.
- ‘End Client Information’ simply means there are no other clients on your case than those listed above this statement.
- There are two cards on each sheet. If you have four or fewer clients on your case, the card on the right will not be used and will say ‘THIS CARD IS VOID’. The card on the left is a valid card which lists recipients eligible for Medicaid and is to be taken to all medical appointments.
- There is some information on the back of the card, so your provider will need to copy both sides.

Occasionally there will be new information on the back of the sheet. Please be sure and read this to help keep you informed of any news or changes.



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Healthy Summer Picnics

Sunny days invite picnicking in the woods or at the beach. Frequently, this fun outing can result in signs of food poisoning: stomach cramps, vomiting, diarrhea, fever and flu symptoms. With reasonable care, most food-borne illnesses can be avoided:

Choose picnic-friendly foods. Foods requiring refrigeration should be avoided (seafood, mayonnaise, eggs, milk, etc). Good choices include bread, crackers, cheese, peanut butter and condiments.

Prepare foods ahead of time, more carefully than normal. Because picnic foods are outside a cooler longer than normal, any germs already introduced when prepared are more likely to multiply and cause illness.

Keep cold foods cold, and hot foods hot. Refrigerate cold foods until it is time to leave, then pack them in small containers and place in a cooler filled one-quarter of the way with ice. Hot foods should go directly from cooking to car and should be eaten within one hour.

Keep your cooler covered and shaded. Place towels over a cooler. Use a separate cooler for cold drinks so the one with perishable items isn't opened and closed frequently.

Pick up perishable items near your picnic. If you just can't resist deli-roasted chicken and potato salad, pick up these foods at a grocery store near your picnic area. Eat them within two hours.

Did You Know...

... if you have FULL coverage you have coverage for vision and dental services? You do not need a referral from your PASSPORT Provider for these services! Just find a dentist or eye doctor that accepts Montana Medicaid.



Hot Weather Tips

At last, summer is here! People in Montana love the chance to spend time outside when the sun is shining. However, too much heat can take its toll. Take measures to beat the heat.

Drink, drink, drink! Water and Gatorade-type drinks are great to sip on all day. Don't depend on thirst to alert you to signs of dehydration.

Dress for the weather. Light-colored, loose clothing and a wide-brimmed hat will protect you from sunburn and help you stay cooler.

Lather on that sunscreen! Put sunscreen on all sun-exposed parts of your body (at least SPF-15). Don't forget to reapply it every few hours and after swimming.

Use sprayers and fans. Hand-held water sprayers and battery-operated fans are terrific heat-busters.

Bring along an umbrella. Umbrella's can be put to great use even when it doesn't rain. If you can't find shade, bring your own!

Practice water safety. With the hot weather, most of us enjoy spending time in the water. Remember to follow some basic water safety tips: never swim alone; know your swimming limits; and never let a child swim unsupervised.

Recognize heat stroke. Watch for weakness and fatigue, headache, dizziness, blurred vision, and muscle and stomach cramps. Skin may actually be cool and dry rather than hot and sweaty. If you have signs of heat stroke, move quickly out of the sun to a cool place and drink cool water. If you don't improve rapidly, seek medical help. Heat stroke can be life threatening!



Have Questions?

- Can't find your most recent Medicaid card?
- Do you have questions on what is covered under Full Medicaid?
- Do you have general questions on Montana Medicaid?
- Other questions?

Call Montana Health Choices

We're here to help you!

Important Phone Numbers

Montana Health Choices

General Medicaid Information
PASSPORT Managed Care

1-800-362-8312

Mental Health

(general information)

1-888-866-0328

Social Security

1-800-772-1213

Children's Health Insurance Plan

1-877-543-7669

Child Support

1-800-292-5437

PASSPORT To Health
Medicaid Managed Care

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